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### HRSA AGE APPROPRIATE RECOMMENDATIONS FOR PREVENTATIVE DENTAL CARE

**Table 1. Specific age-appropriate recommendations**

Time	Recommendations
4-Month Visit	<ul style="list-style-type: none"><li>• Maintain good maternal oral health care.</li><li>• Avoid spoon sharing or cleaning pacifier in your mouth.</li><li>• Avoid bottle in bed, propping, “grazing.”</li></ul>
6-Month Visit	<ul style="list-style-type: none"><li>• Maintain good oral hygiene.</li><li>• Assess fluoride source.</li><li>• Brush with soft toothbrush/cloth and water.</li><li>• Avoid bottle in bed, propping, “grazing.”</li></ul>
12-Month Visit	<ul style="list-style-type: none"><li>• Establish a dental home. First dental checkup, dental hygiene</li><li>• Visit the dentist by 12 months or after first tooth.</li><li>• Brush teeth twice a day with plain water, soft toothbrush.*</li><li>• If still using bottle, offer only water.</li></ul> <p>* A smear of fluoride containing toothpaste can be used for patients at risk for caries.</p>
15-Month Visit	<ul style="list-style-type: none"><li>• Schedule first dental visit if child hasn’t seen dentist yet.</li><li>• Brush teeth twice a day with soft brush and plain water.</li><li>• Prevent tooth decay by good family oral health habits (brushing, flossing)</li><li>• If nighttime bottle, use water only.</li></ul>
2- to 4-Year Visit	<ul style="list-style-type: none"><li>• Promote oral health by adhering to a daily routine.</li><li>• Brush teeth twice a day with pea-sized toothpaste.</li></ul>
5- to 6-Year Visit	<ul style="list-style-type: none"><li>• Visit dentist twice a year.</li><li>• Give fluoride supplement after assessing sources of fluoride.</li><li>• Brush teeth twice a day; help child with brushing if needed.</li></ul>
7- to 8-Year Visit	<ul style="list-style-type: none"><li>• Take child to dentist twice a year.</li><li>• Give fluoride supplement after assessing sources of fluoride.</li><li>• Brush teeth twice a day, floss once.</li><li>• Wear mouth guard during sports.</li></ul>

Attachment 12C - HRSA Age Appropriate Recommendations for Preventative Dental Care

9- to 10-Year Visit	<ul style="list-style-type: none"><li>• Visit dentist twice a year.</li><li>• Give fluoride supplement if dentist recommends.</li><li>• Brush teeth twice a day, floss once.</li><li>• Wear mouth guard during sports.</li></ul>
11- to 14-Year Visit	<ul style="list-style-type: none"><li>• Visit dentist twice a year.</li><li>• Give fluoride supplement if dentist recommends it.</li><li>• Brush teeth twice a day, floss once.</li></ul>
15- to 17-Year Visit	<ul style="list-style-type: none"><li>• Visit dentist twice a year.</li><li>• Brush teeth twice a day, floss once.</li></ul>
18- to 21-Year Visit	<ul style="list-style-type: none"><li>• Visit dentist twice a year.</li><li>• Brush teeth twice a day, floss once.</li></ul>

Adapted from *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*. 3<sup>rd</sup> ed. Pocket Guide. American Academy of Pediatrics. 2008.